

Constipation in Pregnancy



Stay Hydrated

DRINK AT LEAST EIGHT 12OZ GLASSES OF WATER DAILY.

Keeps Solids Moving Through Your System

Naturally Softens Stool

Maintains Good Blood Volume



Eat More Fiber

AIM FOR 25 TO 30 GRAMS OF FIBER DAILY.

Eliminates Waste

Fiber-Rich Foods:
Whole-Grain Bread
Whole-Grain Cereals
Beans
Fresh Fruits & Veggies



Pace Your Meals

SPREAD OUT EATING TO 5-6 SMALLER, MORE FREQUENT MEALS

Encourages Your System To Keep Moving

Stabilizes Blood Sugar Levels

Provides Nutrients Through The Day

More Efficient Metabolism



Get Moving!

SIMPLY GETTING UP AND MOVING CAN HELP CONSTIPATION

Aim for Regular Exercise

Walk 10-15 Minutes Several Times A Day
Walking helps stimulate bowel movements and keeps the digestive tract healthy



Stool Softeners

CAN TAKE 3-7 DAYS TO SEE RESULTS

Colace

Take one tablet twice daily

Fibercon

Take two tablets twice a day until bowel movements resume

Metamucil

Take as directed on bottle

Be Patient!

Lifestyle changes can take time to show results